

# New Bernal Journal

December '96/January '97

Serving the Bernal Heights Neighborhood of San Francisco

Volume 33 • Number 5

## On-line kids magazine comes together in *Bits and Pieces*

By Robert Morgan

Sandor Mandoki types a poem about chess (his passion) into one of the computer terminals at the Bernal Branch Library. Cut to a kid in South Korea reading Mandoki's poem on the World Wide Web. Add some Gregorian chants and a voiceover announcing a rosy cyber future and this could be an ad for Microsoft or IBM. Actually, it's an everyday occurrence thanks to *Bits and Pieces*, an electronic magazine (e-zine) of youth writing and art published in Bernal by Ron Morgan and Dorothy Coakley.

Combining the local with the global, *Bits and Pieces* has published stories and articles from PBS's "Reading Rainbow" story contest winners, poems from the California Poets in the School's Projects, as well as submissions from the California Poets in the School's Project, as well as submissions from Serbia, Italy, Virginia and New York. But the magazine is based in Bernal Heights.

Working with classroom teachers, writing workshop leaders and most importantly, ambitious youth who submit their own work, *Bits and Pieces* has been able to add their voices and visions to today's most cutting edge medium, the Internet.

The first issue premiered in September and is rapidly gaining a global readership. The November issue of *Bits and Pieces* showcased articles on family traditions from Mary Stern's fourth grade class at Junipero Serra Elementary School. The editorial focus of the December issue includes family traditions during the holidays.

All interested youth are encouraged to submit stories or drawings to be published in *Bits and Pieces*. Contact Dorothy Coakley, the Children's Librarian for more information. *Bits and Pieces* can be found at <http://www.ryzome.com/bits.htm> through the internet.

## Unlucky Battle Wages On

By Demece Garepis

■ Residents, merchants oppose building of megastore at Cesar Chavez and Mission

As the Brown Administration urgently called in the Housing and Urban Development (HUD) Recovery Team to oversee reconstruction plans and start demolition at Bernal Dwellings on Chavez, Lucky stores quietly sought to purchase the nearby vacant property which Mayor Brown intended the City to purchase and build affordable housing units.

Lucky stores, owned by the mega corporation American Stores, has proposed a Lucky Superstore at the corner of Mission and Chavez. American Stores, headquartered in Salt Lake City, owns Lucky, Jewel, Osco, Save-On Drugs, and other large national chain stores. If built, the Lucky superstore would occupy the Mission/Chavez property leased by the Auto Body Shop and Stereo stores, Blockbuster Video, and several adjacent parking lots extending from Mission to Precita, comprising over 60,000 square feet.

Lucky's architects plan a superstore one-and-a-half times the size of the Mission Safeway. According to Bruce Qualls, Area Real Estate Manager for Lucky Stores,



Petitioners gather at Mission & Chavez, the location Lucky's is eyeing for a new store.

the 24 hour Lucky Superstore would combine a large food and liquor store with a deli, hardware shop, and dry-cleaning service.

Lucky Superstore the Gateway to Bernal Heights?

"I will go out of business immediately, no question about it, me and my family will have to pick up and go," exclaimed Sang Chung, owner of the Precita Food Market at 35 Precita Street. Chung, who sells produce and common household goods,

is not alone fighting mega corporation American Stores from erecting a multi-story Lucky supermarket just a few hundred yards from his family run store. David Rogers, owner of Handmade Shoes at 813 Cortland Avenue questioned Qualls that if Lucky were to be the gateway to Bernal Heights, wouldn't other large chain stores follow suit at that intersection, thus stripping Mission and Bernal of a colorful, diverse web of family businesses? "I imagine there would be some impact, but no studies have been done," Qualls re-

sponded at the Lucky Forum October 16th at St. Anthony's Church on Chavez and Folsom.

Tensions Mount as Lucky Holds Purchase Option

Tensions between an immense outpouring of neighbors and Lucky executive management erupted after the Lucky Forum on Oct. 16th, held to hear both sides of the Lucky superstore story. The forum put to-

see Lucky's, Page 2

## City votes for affordable housing

By Helen Helfer

It's no surprise to anyone looking for a home or apartment that San Francisco's rental and real estate market is extremely tight, and as if finding an available home or apartment wasn't hard enough, finding a reasonably priced unit is almost impossible.

There were almost 1400 applications for the 46 units of family housing offered at the new Market Heights complex. And this overabundance of applications occurs with affordable housing developments throughout the city. Even market rate units are extremely competitive, with long lines of anx-

ious potential tenants at every apartment showing.

Proposition A, a ballot measure intended to help ease the housing and rental crisis in San Francisco was approved by the voters by over 67%. A 2/3 majority vote was required for the bond to pass.

According to the Council of Community Housing Organizations, "In the last 15 years tenants have seen average rents increase a whopping 226% (from an average of \$475 a month in 1980 to \$1,075 in 1995). Prospective homeowners have seen the price of their dream house increase by . . . 238% (from 131,131 to 313,116.) What makes these housing cost increases so

"What makes these housing cost increases so troublesome is that they have occurred during a period in which income levels in all but the highest income bracket have appeared to stagnate."

troublesome is that they have occurred during a period in which income levels in all but the highest income bracket have appeared to stagnate. Wages paid to San Francisco workers (adjusted for inflation) increased by only 5% between 1983 and 1994."

Proposition A will help address San Francisco's affordable housing crisis. Two separate programs will be established and funded. The Development Fund allocates \$85 million toward rental developments similar to Markets Heights (above the Farmer's Market) and Coleridge Park Homes (above MacFrugals). The Homeowners Assistance Fund offers \$15 million in revolving loan money for potential homeowners.

The Homeowners Assistance Fund will be available to first time home buyers earning no more than 100% of the median (e.g., \$61,000

see Prop A, Page 2

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## Bernal Briefs

### Need for Toys for Good Girls and Boys

Donations are needed for the BHNC's Youth Programs 7th Annual Christmas Drive.

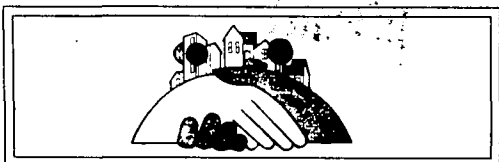
Your unwrapped presents will be given to low-income children in the Bernal Heights community. Please bring your donation to 515 Cortland no later than December 13.

### Attention Bernal Bohemes

Bernal writers, poets, and artists are invited to attend and participate in a beat reading. Open mike format. Musicians, bring your drums and guitars. The event will be December 14th from 6:00-9:00 p.m. at Progressive Grounds.

### Merchants Sponsor Holiday Open House

The Cortland Merchant Association will be hosting an Open House on the Avenue Saturday, December 14 and Saturday, December 21. The event will last from 3:00 to 6:00 p.m. each afternoon. A fun and festive day is guaranteed for all.



## New Bernal Journal

515 Cortland Avenue San Francisco, CA 94110  
(415) 206-2144

The *New Bernal Journal* is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues and events that support the Center's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income in Bernal Heights." The *New Bernal Journal* is distributed door-to-door, free to Bernal Heights residents. Articles express the views of contributors and not necessarily those of the Bernal Heights Neighborhood Center.

Editorial Committee: Demece Garapis, David Rogers, Mauricio Vela

### New Bernal Journal Staff

Editor: Melinda J. Wright  
Contributing Writers: Gloria Allen, Garry Bernhardt, Angelina Cheney, Demece Garapis, Helen Helfer, Barbara Pitschel  
Bernal Journal Jr. Writers: Nathan Kensing, Rachel Leifer  
Bernal Journal Jr. Coordinators: Holly Kernan, Mike Waitalla  
Distribution Staff: David Rogers and a cast of hundreds!

For Advertising Call: 206-2144

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## Lucky's from Page One

gether neighbor and merchant concerns on Bernal traffic, congestion, parking, lighting, security, small business, and another mega liquor license in the area.

Yet Lucky management, who received an advance a copy of the forum's specific questions, offered no pertinent information to allay Bernal concerns. To date, Mission Street has 55 liquor licenses between the area of Chavez to Cortland and represents one of the City's most dense liquor license corridors. Known for its diversity of products from Chavez to Cortland, Mission Street shoppers conveniently rent videos, have their shoes repaired, bank, as well as go to the many food markets and restaurants along this corridor.

### Residents Pressure Lucky to Release Purchase Option

"Over 150 neighbors attended the October 16th Lucky Forum, and 143 voted to oppose Lucky. We didn't hear from Lucky after the forum, so we continue to pressure Lucky to release their site control," stated Bernal Coalition member Charles Bolton. Bolton, head of the Northwest Bernal Alliance, helped form an ad hoc coalition of church, neighbor, merchant, and service organizations opposed to the superstore proposal at Mission and Chavez Streets. The Bernal Coalition assembled a formal case building study analyzing the dramatic increase in traffic, congestion, noise, and small business impact from Precita to Virginia should the superstore be built.

"Over 150 neighbors attended the October 16th Lucky Forum, and 143 voted to oppose Lucky. We didn't hear from Lucky after the forum, so we continue to pressure Lucky to release their site control."

—CHARLES BOLTON

The Bernal Coalition, comprised of the Precita Action Committee, the Bernal Heights Neighborhood Center (BHNC), Northwest Bernal Alliance, Precita Valley Neighbors, St. Anthony's Church and Elementary School, and several Mission/Cortland merchants, organized a massive Hill-wide letter, fax, and phone campaign directed at Lucky executive management. The Precita Action Committee is at work on plans to inhibit increasing traffic flows along Precita from Folsom to Mission.

Pressure from the Bernal Coalition led the Mayor's office to formally review the matter with a meeting and tour of the Mission/Chavez site. Bevan Dufty and Rebecca Prozan, special assistants to Mayor Brown, were advised by Marcia Rosen, Director of the Mayor's Office of Housing, to attend to the community's concerns. Led by the Bernal Coalition on November 26th, Dufty and Prozan walked the site, met concerned merchants and viewed the successful mixed use site of Coleridge Park Homes above MacFrugals. Dufty and Prozan concluded, "We are sympathetic to the Bernal neighborhood's overwhelming opposition of the large commercial space proposal at Chavez and

Mission, and will report directly to Marcia Rosen and Mayor Brown."

But the battle with Lucky Stores continues until Lucky relinquishes site control at the Chavez/Mission site. "Bernal neighbors have mailed over 450 letters opposing the Lucky Superstore" commented Fay Farrar, Moultrie Street resident and BHNC activist. "The deal isn't done with Lucky, and with your opposition, Bernal can stop this unsuitable large commercial development from this site," stated Bolton.

### You Can Oppose The Lucky Superstore

Petitions opposing the Lucky superstore and supporting suitable scale, mixed use affordable housing may be signed at the BHNC, located at 515 Cortland Avenue. A Lucky management letter and fax contact list can be found at the BHNC.

For more information, contact the Bernal Coalition at 641-0507, or e-mail at UnluckyBH@aol.com. Or write a letter to Lucky executive management opposing the superstore site. Send a letter or fax to: Victor Lund, CEO, American Stores Corporation PO Box 27447 Salt Lake City, UT 84127, FAX number 801-531-0768.

see Lucky's, Page 14

## Prop A

for a household of four). For households at or below 80% of the median (four person household: \$49,000) the maximum loan amount will be \$50,000. Households between 81% and 100% of the median have a maximum loan amount \$30,000. All loans will be secured by a deed of trust and deferred until the sale or rental of the property.

The Mayor's Office of Housing will be responsible for the day-to-day operation of the fund. Housing built by the bond will be subject to the same public approval process as any other private development. Regulations for the operation of the fund should be ready by February 1997 and the bonds will be sold by mid-year.

from Page One

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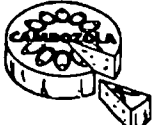
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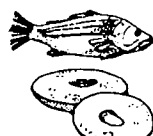
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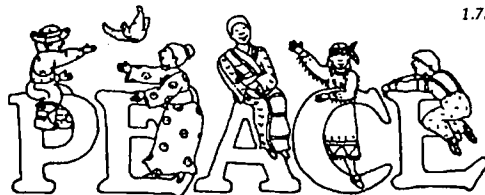
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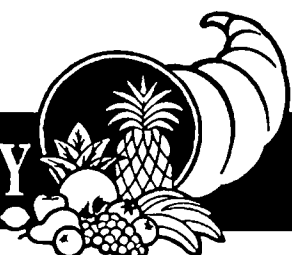


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This month, we invite you to try one of our holiday drinks, like our Egg Nog Lattes and Hot Apple Ciders. They definitely will get you in the holiday spirit. We look forward to seeing you at Progressive Grounds.

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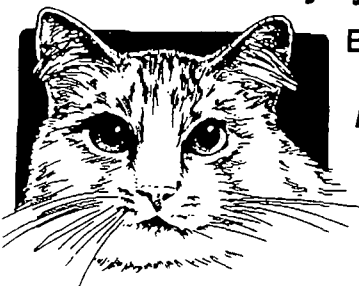
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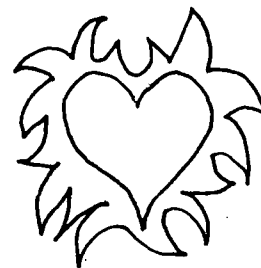
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## Holiday season begins by giving

The holiday season starts for me with Halloween—and this celebration of life continues right through New Years Day. As part of my Thanksgiving celebration I like to share the day with my San Francisco family—the people who prepare and serve the traditional dinner and the people who come to enjoy it. That Thursday I was in the Grand Ballroom of the Westin St. Francis, assigned to the dessert table for the Thanksgiving Day Dinner sponsored by the San Francisco Aids Foundation and Project Open Hand for people with HIV/AIDS and their loved ones. I was living out my ultimate fantasy, surrounded by every kind of dessert anyone's heart could desire.

My "job" was to cut pies and cakes and place them on individual plates, arrange them on trays, and then stack the desserts on huge racks which Alan Selby, the dessert chairperson for the event, calls "Queen Mary's."

The array of pecan, pumpkin, cranberry, apple, cherry and cream

### Around the Neighborhood

— with Gloria Allen

pies combined with chocolate brownies, an assortment of both delicate and hearty cookies, airy cheesecakes and sheet cakes was overwhelming. The desserts were donated by local bakeries and were ready for us to serve the guests who began to arrive around noon.

This already elegant setting was decorated with Christmas trees. The inviting tables sported crisp, white tablecloths, flower centerpieces and red cloth napkins. Displays with a variety of breads overflowed as if from a cornucopia. The event was alive with the love that appears whenever people come together to give and receive the gifts of themselves.

Thanks to the volunteer staff who gave their time before and after the event, the Thanksgiving Day Dinner was so well-organized from

inception to completion, that it is hard to believe all of the hard work that went into this celebration.

I have so many things to be thankful for—having the opportunity to smile and serve is at the top of my list. The warmth of those who served with me, the warmth of those who feasted with me is more than just a memory. It is a peacefulness which I feel, an energy which inspires me to get up and "play some more!"

We all are blessed to live in this city with its diverse communities and cultures, a city full of lights and vistas and room for us all. If you would like to share your gift of self as the season continues, there are many organizations who can use your time and talents. One of them is the San Francisco Aids Foundation. Robin Avant is the community outreach manager and can be reached at (415) 487-3032. Being a volunteer is perhaps the greatest gift you can give—both to others and yourself!

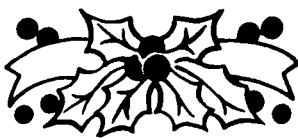
## Making Spirits Bright: Ways to spread cheer this season

### Help the Toy Drive Thrive

Donate new toys to low-income children in the Bernal Heights area. Please drop off your unwrapped gift to the BHNC at 515 Cortland Ave. by December 13. Call 206-2140 for more information.

### Come Cook at St. Kevin's

St. Kevin's will be cooking for the homeless every afternoon of the



week of December 15. Volunteers are needed to help prepare food and dessert donations of cookies, brownies and cupcakes are much appreciated. Call 648-5751 for more information.

### Take off Your Coat...

Operation Warm Coat has a donation spot at 290 Turk Street. Coat donations are distributed to homeless shelters throughout the City.

### ...And Take Home a Street Sheet

The Coalition for the Homeless provides Street Sheets for homeless to sell to help generate income for their basic needs.

## Volunteer brings love of literacy to Paul Revere

By M.J. Wright

Everything seems pint size to the adult eye when you step into the halls of Paul Revere School. Desks appear dwarflike, water facets rest a bit above knee-level, but are perfectly proportioned for the elementary school students who grace the halls every day.

And while the fixtures may be pint-sized, the enthusiasm exuded by the staff and volunteers over their students is larger-than-life.

Paul Revere made literacy a main focus for the school this year, and has been working closely with San Francisco School Volunteers to develop programs for students who need more individual attention to achieve and maintain reading skills for their grade level.

In Corinne Innis's busy 2nd grade classroom, one such volunteer is at work. Debra Hayes works with a small group of five every week, providing group tutoring which focuses on phonetics, basic reading skills and reading comprehension.

Hayes starting volunteering while working at the Nestle Beverage Corporation. Nestle allowed employees time off during work hours to do community volunteer work. She began volunteering through the San Francisco School Volunteers at Star King Elementary. Hayes decided to take the year off from work to pursue some personal interests, but continued her volunteer work, this time at Paul Revere.

The agency provided Hayes with formal training on how to teach reading and explained how children learn. Follow-up training sessions occur throughout the year. Hayes became part of the early literacy program and began working with students at Paul Revere in September.

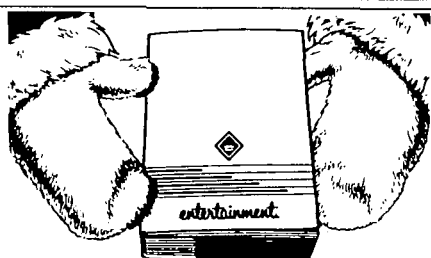
"The first day they are a bit shy but then they start warming up and waving at you every time you come in—it feels really good," commented Hayes.

The group she works with are all at different reading levels and have different needs. Hayes records their performance in a journal that is given to the class teacher to help track their progress.

Hayes believes the program and the more personal attention helps build academic confidence in the students.

Talking to the students, it is obvious it has helped instill in them a love of reading. As her five students chatted away about a variety of subjects, their views on reading books were very positive. Rick lamented that "I used to hate books, but they are really fun after you have read 100 of them!"

San Francisco School Volunteers is looking for parents, high school students, and anyone interested to volunteer at Paul Revere in either their early literacy or afterschool program. If you are interested, please contact Rachel Bennett at (415) 274-0250.



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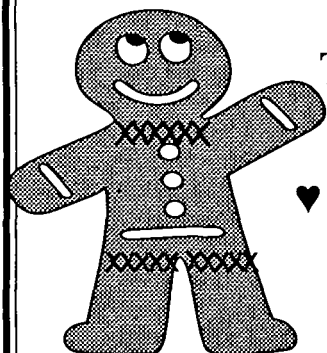
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## BERNAL HEIGHTS NEIGHBORHOOD CENTER AND HOUSING CORP. HOT PHONE LIST

To report gang activity: Joy 206-2146

To apply for low income rehab on your home: Carol 206-2151

To refer a frail homebound senior for support: Carmen 206-9177

To volunteer to drive a homebound senior for medical appointments and/or shopping: Pat 206-9177

To list a job for youth: Ian 920-2691

To ask for an Affordable Housing Speaker at your next church or block club meeting: Helen 206-2148

To get a tree planted in a Bernal public space: Terry 285-8978

To volunteer for the NEW BERNAL JOURNAL (we need writers, photographers, artists, and deliverers!): Melinda 206-2144

December 1996



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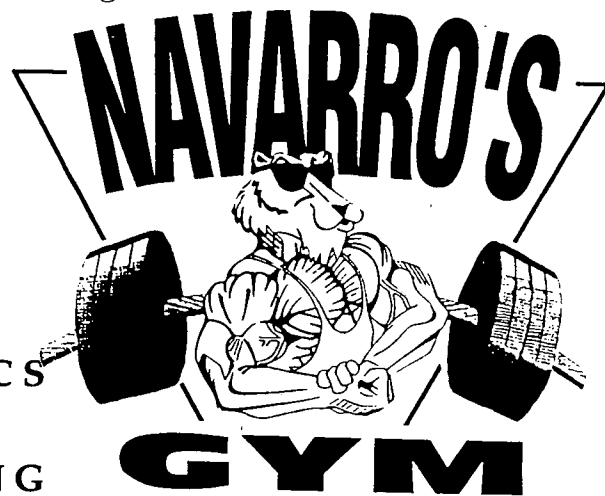
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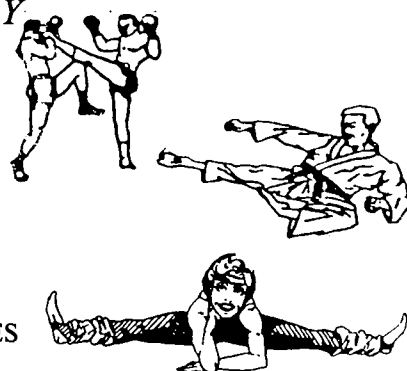


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## Write On!

## Bernal Banter

What is your most memorable MUNI experience?



Lizzy Kaiser, 13

"I was on the 24 Divisadero, and the driver ran into the stop sign. He just backed up off of it, and turned around. It seemed like he didn't even notice because he just kept driving"



Eric Warner, 16

"One time on the 48 Quintara, my friend got his head smashed through a window by some people who were mugging him. The only way the bus driver knew that something was going wrong was because of the sound of shattering glass."



Graham Abra, 17

"I was riding the 29 Sunset Owl bus, except for some cockroaches. They were decent-sized, kind of big. They were everywhere. I think that they hide in all the nooks and crannies of the plastic seats and vents and stuff. I guess that when it's warm and there is no noise they just come out to play."

## Muni madness affects everyone

By Rachel Leifer

An obvious indication of being a minor is that fact that most of us can't drive. When our parents can't chauffeur us from place to place, we are left to the whim of the unreliable MUNI system, which often causes us to be late and sometimes leaves us stranded at lonely bus stops for hours.

The most definitive property of weekday mornings is the dogged ritual of transporting oneself to work and school. After slapping the snooze bar a few times, adults and teenagers alike rise from the comfort of their beds to go through the hazy motions of the early-morning routine. But while many adults indulge in the luxury of driving themselves to work (and often take this privilege for granted), their teenage counterparts gather at street corners to wait for exhaust-wheezing buses and their surly drivers, braving the frigid morning air and often skipping breakfast so as not to be late for school.

Although living in Bernal Heights has many advantages, access to public transportation, at least in my case, is certainly not one of them. Line 67, which stops a few blocks from my house on Rutledge

Street, is notorious for its tardiness. I have often been made embarrassingly late to school because the 67 arrived half an hour late, or worse, it simply didn't show at all. Rolling into Algebra class 45 minutes late is odd but excusable once in a blue moon, but when this kind of tardiness is almost weekly, the situation becomes much more difficult to explain.

The stress of waiting for the 67 has touched many lives.

When the foot-tapping and compulsive watch-checking becomes too much to bear, 67 riders tend to reach out to their fellow man, making confidants out of complete strangers. It is not unusual to hear a businesswoman lamenting to a young child, "I have an eight o'clock with my boss! I am going to lose my job!"

Fifteen-year-old Stella Adelman is optimistic about the situation. "It seems to me that buses, especially the 67, have really improved since last year." I have some bad stories from last year, but I've been pretty surprised with the buses this year."

But Sabra Saperstein, 16, considers the Bernal Heights buses a nightmare. "It's weird because although so many lines pass through, they never seem to want to come around when I need them. I usually end up begging my mother on my hands and knees for a ride to school, or wherever I'm going."

"I usually end up begging my mother on my hands and knees for a ride to school, or wherever I'm going."

—SABRA SAPERSTEIN, 16

The Bernal Heights Neighborhood Center has helped organize disgruntled residents hoping to improve Line 67's woeful record.

The group set up a town meeting with City Hall representative Emilio Cruz, originally scheduled for late September. However, the meeting was postponed until early December, according to Steve Berard of MUNI's Communications Department.

Addressing and fixing MUNI's many problems is much easier said than done. "Many people don't realize just how expensive MUNI is,"

says James Bullock, MUNI driver. "Fares pay for only about a third of the service, and the rest of the cost is placed [upon] the government. I thought that when the federal government's military spending was cut, the cities would see more money for civilian needs. Obviously, that isn't what happened."

Mayor Willie Brown's proposal to eliminate fares for minors, seniors, and the disabled, yet to be accepted by the city legislature, could create even more serious funding problems. MUNI's new policy which eliminates a fixed schedule for all lines will no doubt come as a blow to Bernal Heights passengers, and raise their level of stress and frustration exponentially. Drivers will not longer have to adhere to a timetable, and instead will simply try to "do their best" to keep the lines running smoothly.

Unfortunately for us, it seems that as far as Line 67 goes, things could get worse before they improve. While MUNI unreliability on lack of funds and eliminates its schedule when it becomes too difficult to maintain, passengers like myself will continue to arrive late to work and school.

## Living your whole life in the Heights

By Nathan Kensinger

I am always proud to tell people that, yup, I was born upstairs in the Bernal Heights' house over on Bennington where I still live today. My parents came from a generation where home birth was often considered a healthier alternative to some general hospital.

I came into this world sober, without drug-induced labor, and in the bedroom where I was probably conceived. This idea of home birth was popular with my parents because it was a natural alternative. It is now a source of pride in my community for me.

Imagine coming into this world and living in the same house throughout your childhood. It established in me a vital sense of

uniqueness and community from the first day of my life. My home is a safe harbor in my frantically paced life.

During my youth I developed a strong identification with my neighborhood. A mountain was my backyard, and I had all my childhood to explore it. As kids, my brother and I tore around the paths on BMXs, built forts in the fields, searched for the latest rope swings, and spent hours out in nature.

Every season, we trekked to the north side of the hill to harvest the latest crop. We still share this tradition. This hillside is full of free blackberries for anyone. Our mom made jams and pies from the berries off of Bernal Hill, our hill.

When we were finished with the hill, it was off to the neighbor's house. We never had a TV when I was younger, but our friends shared theirs. My best friends when I was young, beside my brother, were Miguel, Douglas, Pepe, and Bruce from the big family across the street. They split a three-room apartment among six family members, but still shared like there was room enough for 20.

My brother and I went over for dinner often, getting our first taste of TV and Atari, as well as our first exposure to ethnic cooking like tamales and tortillas. They were Latinos, and I am a White guy, but



ethnicity was never a factor in our friendship. I have been surrounded by racial diversity my whole life because Bernal Heights is a mix of all ethnicities.

Bernal Heights lies between the Mission and Hunter's Point, two districts in the City with the highest minority populations. Sure, these are supposed to be bad neighborhoods, but that's a stereotype which alienates those who believe it. Having an open mind is the key to enjoying all the City has to offer.

Some people seem to think that the Mission equals violence, and Bernal Heights is condemned association. Some refuse to visit the area because they fear for their lives. This is irrational, because city living is dangerous everywhere in San Francisco. Muggings and random violence can happen anywhere.

Being afraid of my neighborhood is a ridiculous concept to me. Actually, it is so safe and quiet here in Bernal Heights that you forget the proximity of the so-called dangerous areas that obsess too many people who live in different neighborhoods. The Mission is like another backyard to me and as long as I have common sense I'll never be afraid in it.

Mission and Valencia are the most lively streets in the City, full of cultural offerings and entertaining diversions. Attending Horace Mann in junior high showed me the true value of that neighborhood.

You have not lived until you eat a La Cumbre steak burrito, or gotten wired on coffee at Radio Valencia. The Roxie on Valencia is the best repertory movie house on the West Coast. Being able to attend Carnival and Dia de los Muertos on Mission Street is an opportunity singular to San Francisco.

Seventeen years of growing up in Bernal Heights has shaped my values in positive ways. Being raised in such a child-friendly neighborhood, with so many opportunities, has taught me the importance of diversity in my life. I recommend this neighborhood to every family looking for a community.

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# Bernal Heights Neighborhood Shopping Guide

## Holiday Shopping on the Hill

By M.J. Wright

San Francisco rivals New York when it comes to cities that know how to celebrate the holidays. Union Square boasts three-story trees adorned with enormous ornaments, store windows display whimsical holiday scenes, and San Franciscans flock to the ice rink in the center of the square. The tree lighting also at the center of the square attract droves of children, families, and die-hard holiday lovers. Downtown is a magical area during the holidays and deserves to be the popular sight-seeing destination it is.

But actually *shopping* there is another story altogether. Stores are packed with frantic shoppers who leave all social graces at the door as they push and shove their way through the merchandise. Recently hired seasonal help know little about how to work the cash register, mind you anything about the store inventory. Registers and sales clerks are hidden behind a sea of irritated customers who have been waiting in line since Thanksgiving.

Fortunately for Bernal Heights residents most, if not all, of your holiday shopping needs can be taken care of on Cortland Avenue. Cortland merchants offer a wide variety of gift items and ideas, and you can find something for everyone on your holiday list on the Avenue.

### For Bernal Bookworms

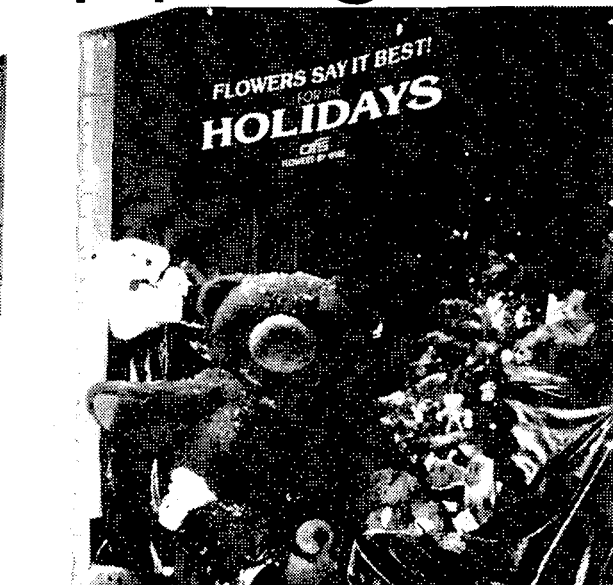
Bernal Books is stocked with a wide variety of holiday cards to ring in the season. The selection is a



Jinjee's flower and gift shop on Cortland.

medley of serious and silly (such as the Curious George cards) and many sport San Francisco themes. Owner Rachel Pepper is also carrying a terrific assortment of engagement calendars, a perfect gift for anyone on the go. "Hecho en Mexico," showcases everyday objects and traditional art from Mexico in a very sleek and festive way. (\$13.95) Any gardeners on your list? They will surely love "In Bloom," a 1997 engagement calendar featuring vivid photographs. (\$13.95)

And of course, there are plenty of books to give as well. Staff favorites include *High Tide in Tucson*, a collection of essays brilliantly told by Barbara Kingsolver. *Between Us*, edited by Kay Turner, is a beautiful collection of lesbian love letters—a must have for romantics. Copies of this book are still available for only \$17.95.



There is also a terrific selection of books for children. Woodleigh Marx Hubbard's *The 12 Days of Christmas* includes 12 keepsake ornaments and costs \$15.95. *My First Book of Jewish Holidays* by Maida Silverman and Barbara Garrison is a richly illustrated book for \$14.95.

Owner Rachel Pepper personal recommendation for gift giving this season is *Chez Panisse-Vegetables* by the Bay Area's own Alice Waters. This cookbook has been very popular since its release earlier this year and is guaranteed to warm your home chef's heart (and stomach)!

### Something for Everyone

The first thing you feel when you step into Heartfelt is relief—since you immediately see hundreds of gift ideas the moment you enter the store. The second thing you feel is enchantment, since the store is brilliantly decorated and overflowing with many present ideas for friends and family (and a few you might have to give to yourself). Here are some ideas for possible people on your shopping list.

Heartfelt provides some great stocking stuffers for the scientific child who greatly enjoys disassembling things (like your TV). Activity Rocks (\$5.00) makes science fun by showing some of the hidden talents of the earth's crust

such as floating rocks and magic magnets. Also take note of the Glow Stars (also \$5.00) which allow you to design your own constellation on the ceiling.

The teen who thinks nothing is cool will have to admit this store carries cool stuff. Every type of incense imaginable can be found at Heartfelt, along with handmade soaps, amusing ear clips (an ear shaped paper clip) and nose sharpeners (a pencil sharpener in the shape of a nose).

Thanks to the likes of Martha Stuart, home is becoming a very popular place again and decorating the home a very popular hobby. Heartfelt offers an amazing selection of candles in all shapes and sizes including bright and unique tapers, figure candles and pyramid candles from Bright Lights. The store also carries darling rose-scented votives and their gold painted votives (\$4.50) would grace tables for holiday celebrations and everyday dinners.

You can find holiday cards, gift wrap, ornaments (check out the "Tea Tree" for inspiration) and all sorts of items to decorate your house for the holidays at this one-of-a-kind store.

### Say it with Flowers —and More

Jinjee Flowers and Gifts will be bursting with poinsettias for the season, which instantly make a room more festive-looking and are a lovely present for holiday party givers. They also will be creating a wide variety of floral arrangements and centerpieces from the traditional to the outrageous depending on your personal preference.

Jinjee also focuses on unique gift baskets filled with all sorts of goodies—these baskets can also be custom made with the recipient's tastes in mind. Owners Antonette and Claudia Lama use fresh greenery to adorn all their baskets.

### A Mini-Vacation on Cortland

Do you know someone who needs a mini-vacation? A gift certificate for 1 1/2 hour massage might just be the perfect answer. Jana Hutcheson at Isa's provides deep tissue, Swedish, shatsu, and Tai style massages at a very reasonable price. Isa's also has certificates available for other services.

### Made with Love

If you are looking for something made with great care and much love, head up to the Gifts on the Hill and check out the handmade bears made by Emma Martinez. She started making these special stuffed animals for her grandchildren and now they are available to the public, in a variety of fabrics and costumes. Her bears start at \$20.00 and all proceeds benefit the seniors program at the BHNC.

### More Unique Boutique Finds

Teodosia is a cooperative which showcases a variety of artists and offers stunning presents like Native American Dream Catchers, hand-painted jewelry and exquisite pottery. Teodosia is a terrific place to find original artistic presents. Its bright and festive atmosphere is sure get you in the holiday spirit.

If you are looking for a child's gift that is unique and well-made, head over to Artesanias Mexicanas. There you will find a charming collection of handmade wooden children's toys from Mexico. These colorful toys included yo-yo's (\$6.00), baleros (a challenging stick game) in three sizes (\$5.00-\$9.00), and tops and toy wooden tortilla makers for under \$10.00. All the toys are very durable and should delight children of all ages.

If you are the adventurous sort, check out Los Runners which has all sorts of holiday and everyday trinkets. This store is a gold mine full of jewelry, old coins, books, glassware and more just waiting to be discovered.

Celebrating its first holiday season on the hill is Living Pieces, and a gorgeous selection of furniture and knickknacks are available. Living Pieces is a store of originals—co-owners Mehrdad Moghadam and Claire Graves find furniture in half-decent condition and the refurbish it with an artistic bent. If you are in need of home items, this is a terrific find. And Living Pieces also has a sharp selection of smaller gifts, including silver frames, wine glasses, and candlestick holders, most for under \$10.00.

So take the kids to Union Square to see the whimsical display windows and the hustle and bustle of the downtown scene. But take care of your holiday shopping needs on Cortland Avenue—your head, feet and pocketbook will thank you.

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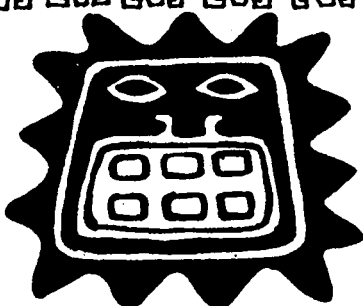
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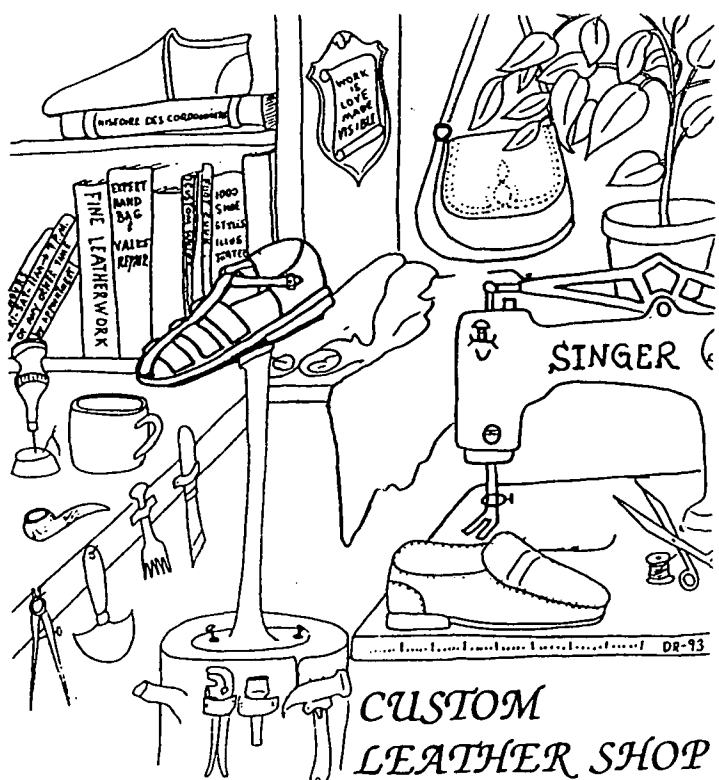
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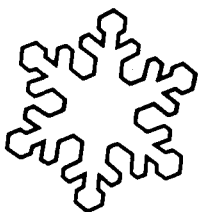
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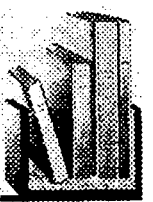
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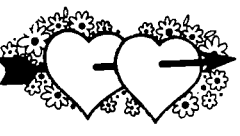
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basis despite her  
illness*



In our lives we are sometimes fortunate enough to cross paths with a unique individual who moves and inspires us with their inner beauty, delightful sense of humor and joyous, gentle spirit. This person may be a co-worker, mentor, muse, helper or friend. Jeanne Kellogg was all of these and more to the staff and seniors of the BHNC.

Jeanne's life was rich with learning and giving as a pianist, counselor, mother, farmer, counselor, mother, farmer, preservationist and chaplain. She was a long time Bernal Heights resident who lived on Winfield when she first arrived in San Francisco in the late 70's. Jeanne brought her incredible array of talents and skills to the BHNC when she joined the Bernal Elders Support Team in 1993.

As a care coordinator, Jeanne incorporated both her personal and professional experiences to help seniors find the strength and resources to live independently in their homes. She formed caring relationships with her clients that continued even while she was on disability leave.

On October 23 Jeanne lost her physical battle with cancer. Her spirit, however, could not be extinguished. Jeanne will continue to live on inside everyone who knew her each time we remember and practice her gentle examples of love, patience and care that she has given to us.

— By Vicki Victoria

## Participation key to Prevention

Over 60 Ingleside Police district residents, youth advocates, city officials, public housing tenants, senior residents, and neighborhood block club members descended upon the Ingleside Police District community meeting on November 19th for a special presentation by Mauricio Vela and Angelina Cheney of the Bernal Heights Neighborhood Center (BHNC) Safety-Net (S-NET) project. The Project is part of a citywide partnership which targets seven of San Francisco's ten police districts for increased public safety activities and is staffed in the Ingleside District by Mauricio Vela, Director of the BHNC, and Angelina Cheney, S-NET community organizer, who is housed in the BHNC.

Vela and Cheney, with the cooperation of Ingleside Police Captain Gregory Corrales, will use the monthly police community meeting as the initial forum for gathering a multicultural, district-wide coalition to work on public safety and crime prevention. Vela explains, "We decided to use the monthly meeting as our coalition base because we did not want to recreate the wheel. The Captain already has a vehicle to gather people from across the district and we want to work on enhancing it."

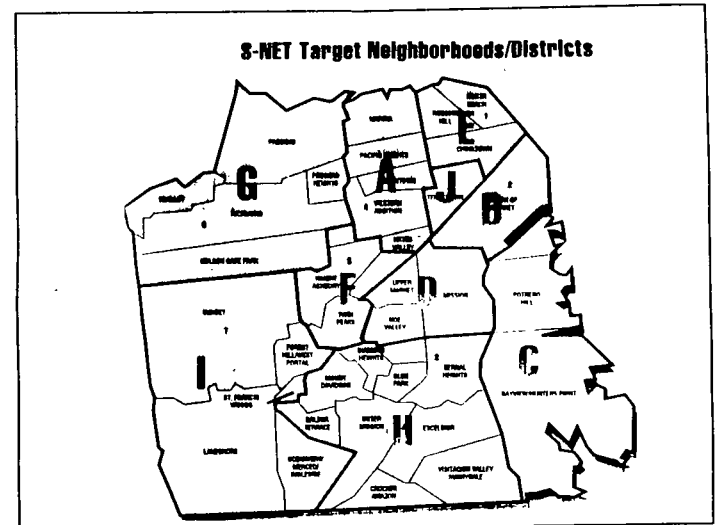
One of the main BHNC S-NET project goals in enhancing the meeting is to expand community participation in crime prevention. Vela states, "The only way to truly deal with prevention and public safety is to get representation from all residents who comprise the diverse racial and economic makeup of the district." In an effort to di-

versify the meetings, Cheney and Vela launched an organizing campaign aimed at a multitude of individuals and groups within the district. Captain Corrales was "delighted at the wide diversity of neighborhood representation which has not been the case with these meetings since I've been here." He went on to add, "the room was filled to overflowing which was also very gratifying."

The district coalition will work together in identifying and prioritizing neighborhood public safety issues, coordinating with citywide crime prevention efforts, developing and organizing public safety

and crime prevention activities and events, and assisting in outreach to underserved communities. Vela hopes to see the coalition "address district-wide issues and support efforts such as getting more services on Mission and in the Excelsior where recent violence has been a problem." The coalition will work with the police, but can act as a check to them as Vela adds, "the coalition will support the police, but will also hold them accountable for services."

Community participation is essential to the success of the coalition. To get involved, please attend the next community meeting on Tuesday, December 17 at 7 P.M. at the Ingleside Police Station. Or call Angelina Cheney with any questions at 206-2140.



"The only way to truly deal with prevention and public safety is to get representation from all residents who comprise the diverse racial and economic makeup of the district."

MAURICIO VELA

## BERT: helping Bernal brace for the "Big One"

By Angelina Cheney

Are you, your house and your family ready for the "Big One?" Are you prepared to live without power for several days? Do you know where to get clean water if your supply is shut off? Do you have a plan for meeting up with your loved ones in case of an earthquake? Are you prepared to file insurance claims for damaged property?

If you're like most people, you answered no to these questions. The Bernal Heights Emergency Recovery Team (BERT), based out of the Bernal Heights Neighborhood Center (BHNC), is gearing up to prepare Bernal Heights for disaster with the answers to these and other vital questions. BERT relies

heavily on community involvement stated Mauricio Vela, Center Director of the BHNC. "We need community and individual participation to make this work," Vela emphasized.

Your chance to get involved will be December 12 at 7:00 P.M. at the BHNC when BERT will begin formulating a comprehensive plan for Bernal Heights. This planning will include organizing more workshops such as the Train the Trainer workshop done in September. Through Train the Trainer, community members were instructed on how to do house trainings for their neighbors on disaster preparedness, response and long-term recovery.

BERT will work with San

Francisco's Neighborhood Emergency Response Team (NERT), a citywide organization that focuses on the immediate community response to disaster. NERT prepares individuals for the first days after a disaster because "for the first 72 hours we're expected to be on our own," explains Barbara Underberg of NERT. In coordinating with NERT, BERT will create a comprehensive disaster plan that will address preparedness and planning before the event, immediate response to the event, and long-term recovery after the event. Please come join the BERT team by attending the December meeting, or call Angelina Cheney of the BHNC at 206-2140.

### Helping the Heights Prepare for a Disaster

#### Planning-BERT

Capability Assessment  
Individual Preparedness  
Community Preparedness  
Produce Written Plan  
Annual Disaster Drills  
Staff & Volunteers Training  
BHNC Logistic Preparedness (Site/Building)  
Alternate Site Development

#### Response-NERT

Search & Rescue  
Damage Assessment  
Disaster First Aid  
Minor Fire Suppression  
Neighborhood Security  
Volunteer Assistance  
Neighbors Back in Home

#### Recovery-BERT

Financial Assistance  
Insurance Claims Assistance  
Agency Referrals  
Lifelines Restored (utilities, phones, roads, etc.)  
Notification of Restored Services

## Help Donate New Toys

to low-income kids in our community & make their holidays merrier!

Please bring your donations to 515 Cortland Ave. by December 13th for wrapping. To volunteer or for information Call 206-2140

Applications for youths to receive gifts on December 18th are also available at 515 Cortland Ave.



## FUNNY FACES OF FIESTA



An estimated crowd of 7,000 enjoyed the music, food, booths and activities that Fiesta '96 had to offer last October 19. Here are some of the funny faces which were painted by Wendy Z. of Room to Grow Preschool.



# fiesta

on the Hill '96

Fiesta '96 proved to be a great success, thanks to the generosity and contributions of the following people and organizations

### Sponsors

Bank of America, Bernal Heights Housing Corporation, Bernal Heights Neighborhood Center, Farmers Insurance Group, NIT-AMP, PG&E, San Francisco Arts Commission, San Francisco Recreation & Park District, Wells Fargo

### Donors

Alpi International, Brickley Production Services, Event Security, Heartfelt, Mary Kay Mtichell Graphic Design, Rainbow Grocery

### Committee

Carlos Bee, Richard Bee, Suzy Drell, Stella Egar, Dennis Juarez, Nic Griffen, David Rogers, Jill Fox, Desu Sorro, Alice Gilbeaux, Mary Ann Walowic, Martha Stein, & Anglea Cheney

### Volunteers

Karen Ashe, Patricia Avery, Andre Barnes, Cory Barringhaus, John Burciaga, Lesile Burciaga, Bebe Castaing, Debe Chamblee, Chris Charley, Ivania Claro, Thomas Chin, Michael Davis, Ben Deshmer, Marco Garcia, Howie Gelman, Roberto Gonzales, Lucy Goverchin, Robert Gross, Diana Grow, Marco Gusrdo, Dennis Juarez, Olof Hansen, Dale Harris, Keith Hubbard, Joe Iser, Bennett Jones, Margaret Kreft, Darnell King, Ted Kuster, Linda Lucero, Max Makanani, Emma Martinez, Paul McDonald, Caroline Mitchell, Ray Moisa, Louis Montgomery III, Pedro Moreira, Michael Oswald, Jean Pascual, Alison Pence,

Stephanie Pensotes, Jerry Pergeson, Anita Provost, Mildred Rivera, James Reynolds, Michelle Ricci, Julia Riddell, Jim Rindos, David Rogers, Perry Romano, Sally Rosen, Ralph Ruiz, Arelia Santiago, Oliver Sauneuf, Jennifer Selwyn, Steve Shapiro, David Shawn, Stephanie Sherman, Sara Snyder, Roman Starushnik, Martha Stein, Florence Taboran, Vernon Tarriel, Betty Tennant, Michael Wilson and many more!

And special thanks to Tom Ammiano, Jeff Bachman, Larry Estrada, Helen Helfer, Demece Garapis, HANC, KK Graphics, Impressions Unlimited, Andy Killday, Milestones, John Mitchell, SWAP, Mauricio Vela, Daniel Youngblood.

## To Our Neighbors

December 1996

Dear Bernal Heights Neighbor:

As the year ends, we want to wish you a Happy Holiday season and thank all our neighbors and supporters for their outstanding volunteer and financial contributions to the Neighborhood Center in 1996.

We had a successful year of providing advocacy & community organizing, affordable & special needs housing, and daily senior & youth services to the Bernal Heights and Outer Mission communities. 1996 Highlights included:

- Mayor Brown joining us for our annual Community Congress in March
- The Bernal Playground Gymnasium completed and reopened in the summer
- Forty-six families now living at Market Heights
- The Bernal Elder Support Team receiving a two year United Way grant to better serve frail elders in their homes
- The Greater Mission Consortium (GMC) which the BHNC serves as the lead agency, opening an Outer Mission office to better serve the youth of the Excelsior and Outer Mission
- Our October 19th Fiesta On The Hill was again a big success on Cortland Avenue
- Ninety-three youth obtaining non-subsidized employment opportunities
- Over 400 seniors participating in congregated meals and daily activities
- And this month, approximately 1,000 low income families will participate in our annual Christmas Toy giveaway.

As 1997 approaches we must deal with the impact of welfare reform and severe cutbacks in federal and local funding opportunities. With your support, we will continue to:

- Serve hundreds of youth both in our public schools and the Bernal/Outer Mission communities to provide positive alternatives to gangs and violence
- Help hundreds of seniors both at the center and in their homes so they may live independently in our community
- Identify and develop Bernal Heights children services for children, infants and young teens alike
- Assist neighbors in earthquake preparedness planning through the Bernal Emergency Recovery Team (BERT)
- Coordinate district-wide public safety/crime prevention efforts by collaborating with the Ingleside Police station and neighborhood groups,
- Inform members of our community about the activities in our neighborhood through the publication of the neighborhood newspaper, the *New Bernal Journal*, delivered door-to-door in Bernal
- Work together to assure that families can live in affordable housing in our community, like Coleridge Park Homes and Market Heights

In closing, we could not provide these services and programs without your support and generosity. Your gift this Holiday Season will make it possible for the Bernal Heights Neighborhood Center & Housing Corporation to continue its advocacy and service delivery during these critical times. Please use the inserted remittance envelope to help support our Neighborhood Center and keep the neighborhood growing and improving. Have a safe and joyous Holiday Season!

Sincerely,

Demece Garapis Board President      Helen Helfer Executive Director      Mauricio Vela Center Director

Happy Holidays from the  
Bernal Heights Neighborhood Center

## Divine vines grace Bernal's Backyards

By Garry Bernhardt

Hopefully we're having a nice wet winter as you read this, and most of the plants are settling in for their winter dormancy. We had a "real" autumn for a change, one with early cool, crisp nights and a few cold, wet days and we were treated to the best show of fall color in a long time.

Winter weather leads us to dream of colors of warmer times and climes and plants like the Bougainvillea!

The Bougainvillea really epitomizes Bernal Heights. It is grown everywhere, and it thrives and flow-

Down  
in the  
Dirt

ers exuberantly, climbing walls and spilling over fences with its nearly year round, day-glo colors. Hardy common red and purple-magenta varieties ("Barbara Karst," "San Diego Red," and "spectabilis") do well as do the more tender and exotic ones in shifting tones of gold, orange and pink (such as "California Gold" and "Tahitian Dawn"). They

are surprisingly tough, able to endure wind and drought, and most of the established plants survived the great freeze of December '91.

There are a few other vines which seem to characterize the hill, much as oleanders do old California highways. People like covering their fences with more adventurous plants like the Blue Dawn flower, and the Hardenbergia or Lilac vine. There are also the more widespread jasmine, climbing roses, wisteria and of course, ivy.

But back to the Bougainvillea for a bit. Bougainvilleas have a reputation of being difficult to plant, though I haven't had any problems personally. Be careful with the roots. Sunset suggests placing the plant, can and all, in the planting hole, then cutting out and removing the bottom of the can, slitting the sides in two places, refilling the hole and then sliding out the two slit halves of the can. (Very clever!) You also want to plant them in the spring so that there is a long growing season before it gets cool. They love the sun and heat, and benefit from a south or west facing wall behind them. Bougainvillea are quite spiny and best not planted near where people pass. Train them while they are young and start regular pruning after 2-3 years for control and shape. Prune in late spring. They flower better and brighter if you cut back on watering while they're blooming.

Bougainvillea come from South America, in particular Brazil. The genus is named after Louis Antion

de Bougainville (1729-1811), a French explorer who discovered the plant near Rio de Janeiro in 1768.

The brilliant colors of the Bougainvillea do not come from their petals, but are actually three large bracts, modified leaves below a flower. (Petals are sepals are modified leaves too.) The true flowers also come in threes. They are a creamy white and about 1/4 across, held within the bracts on little tubular stems. They don't last long, but the bracts hang on forever. If you look closely at the flowering tip, sometimes you can see how the leaves become smaller and start showing color, and gradually change into bracts which look less and less leaflike and become larger and brighter. It's this array of various stages of development that gives the vines their startling hues. (Normally bracts are green and entirely leaflike, but there are lots of wonderful bract "flowers," like Pointsettia and all the other Euphorbias, aroids like Calla lilies, bromeliads and heliconia.

Then there's the Blue Dawn flower, *Ipomoea acuminata*, a true morning glory which is also from South America. These plants should be cut back ruthlessly every spring to keep it under some sort of control. Or else just allow it a quarter of your space in which it will happily soon smother. But what a glorious, gorgeous blue flower it is! And so prolific from spring to winter. A handsome vine, especially if you can keep the snails and slugs off. The Blue Dawn be-

stows a look of shabby chic to any structure it adorns. Easy to grow, it flowers best in sun and doesn't need much water once established.

Hardenbergias, or Lilac vines, are gaining popularity. The flower wondrously early (I think it was January last year) and last for a long time, about 6-8 weeks. "Happy Wanderer" is probably the most common selection, and a good one. They are evergreen, fairly small (to 10') and enjoy sun. Their intense color is especially cheerful at that time of year.

Polyanthum jasmine, like climbing roses, wisteria and ivy, grows all over the City, and Bernal has its share. I've stopped planting it because it's so invasive after a few years that it requires eternal vigilance. But there is nothing like its fragrance. And it is so free with it, especially in still, warm weather. Another of its real assets is that it can take a fair amount of shade and still flower well. Shearing it after it finishes its main burst of flowering in late spring keeps it under control.

There are many other vines which seem to do well here and might be perfect for you: passion-flowers, trumpet vines, evergreen clematis, and the potato vine just to name a few.

Vines like these, grow carefree and cover eyesores, provide passers-by with masses of brilliant color or seductive fragrance, grace our blocks and give charm to the neighborhood. The truly are the gardener's gift to the streets.

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# Native Wood Rush Overlooked Plant

By Barbara M. Pitschel

Winter is here, the rains have come, our dormant season is coming to an end, and the Hill is starting to turn green. In a couple of months the early wildflowers will begin to bloom. During this quiet time, let's look at an often overlooked member of our native plant community, one that few people would notice and fewer would recognize.

*Luzula comosa* (formerly known as *L. multiflora*), our native wood rush, is one of the two rushes that grows on the Hill. (The other is *Juncus bufonius*, or toad rush.) The rush family (Juncaceae), which comprises about 10 genera and 325 species worldwide, is often confused with grasses. Although rushes are somewhat grasslike in general appearance, the similarity is largely superficial. Grasses have a flower structure unlike any other family of plants, while rushes are very similar to lilies. Their flowers make rushes relatively easy to identify to family, but their parts are quite difficult to distinguish without a hand lens. Rushes have regular flowers with parts in two circles, very much like three sepals and three petals, but are small, brownish and scale-like. Our wood rush *Luzula* has six stamens and a single-chambered ovary which produces just three seeds.

*Luzula* flowers grow in umbels or heads, and each head is subtended by a bract. This also gives the plants a superficial resemblance to sedges, members of the family Cyperaceae, which are similar to grasses in that they have their own structure and flower parts. There is a old memory trick still used by students today, "Sedges have edges and rushes are round." There are many exceptions, but our wood rush fits the picture with its slender, round, hollow stems. *Luzula comosa* is a densely tufted perennial with soft, grasslike, reddish-brown leaves and

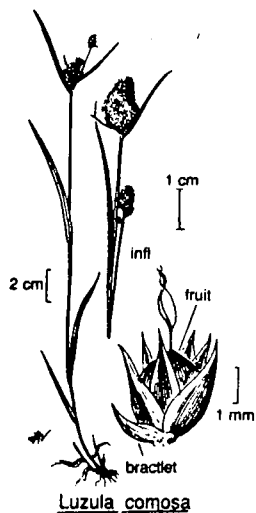


ILLUSTRATION REPRINTED FROM THE JEPSON MANUAL (HICKMAN 1993)

## Bernal Hilltop Natural History

closed basal leaf sheaths. It blooms from February to June. Many of the characteristics described above will be easier to envision if you study the drawing.

California has only 50 or so species of rushes. Although *Luzula* is a cosmopolitan genus, it is especially prevalent in temperate Eurasia, with 31 of its 80 species found in Europe. Only six species of *Luzula* are native to California, and all but one (*L. comosa*) are restricted to higher montane, subalpine, and alpine environments.

There are 14 *Juncus* species that grow in San Francisco. *Luzula* is the only other rush that grows here. (Most of the species of *Luzula* have been misnamed *Juncus* at some

time during their history, further compounding the confusion caused by these plants.) Our wood rush grows in grasslands and borders of brush in shallow soil. It has been identified in the Presidio, Lands End, east of Lake Merced, Twin Peaks, the San Miguel Hills, Bayview Hill, Bernal and southeastern San Francisco. The wood rush once grew at Laurel Hill Cemetery in the Lone Mountain vicinity. *L. comosa* var. *congesta* is reported to flourish in various parts of the San Bruno Mountain. The species is highly variable, with intergrading and poorly defined forms often treated under *L. campestris* or *L. multiflora*. The variations are variously lumped or split by different taxonomists.

The name *Luzula* comes from the Latin "luciola" meaning "glow-worm," referring to the sparkling dew that adheres to the small hairs on the summit of the stems and leaves.

Rushes are usually found in wet, moist, or damp areas. *Luzulas* are unusual in that they are more tolerant of dry soils than the true rushes. They are common in open grasslands, although they do their major growth and flowering during the wetter months of the year. They sometimes grow in moist places.

Although the species is not extremely showy, the plants would look very pretty in a San Francisco garden. Their habit is similar to that of a small grass; they bloom early in spring, and they like well-drained soils. They can be propagated by seeding or by plant division. Some people grow *Luzula* in massed stands as a fairly dense ground cover, or plant them with shrubs or in perennial borders.

Weather permitting, you can see Bernal's own wood rushes by attending a Bernal Hilltop Native Grassland Restoration Project. These work parties occur on the third Sunday of each month at 11:00 a.m. Call Barbara Pitschel at 282-5066 for details.

Join the Bernal Heights Gardening Club. Call Eugenie at 826-0236 for more information.

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## Save A Tree This Holiday Season!

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Live, potted trees can be used over and over again. The following businesses not only sell live, potted Christmas trees, but also offer delivery and pick-up service.

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1921 Clement St. (20th Ave.),  
387-5608
- **Potrero Gardens**  
17th & Texas, 861-8220
- **The Planters Nursery**  
3817 24th St. (Church), 285-9087
- **Sloat Garden Center**  
327 3rd Ave. (Clement St.),  
752-1614  
2700 Sloat Blvd. (46th Ave.),  
566-4415
- **The Living Tree Company**  
1-800-810-PINE



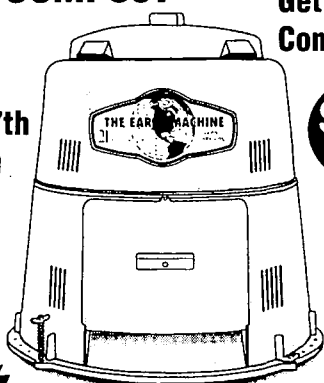
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## Don't Let Your Holiday Food Scraps Go to Waste

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men's striped Pro Fleece half-zip \$48

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# Bernal Heights Happenings

## At the Gym

### Adult Programs

**Aerobics Class: Rhythm in Motion.**  
Tues. & Thurs. 6:00-7:00 p.m.  
Saturday 9:00-10:30 a.m.  
Cost: \$7.50-9.00

**Body Sculpting w/ Weights for Women**  
Mon. & Wed. 7-8:30 p.m.

**Copoeira: Brazillian Self-Defense for All Ages**  
Mon. 5:00-6:30 p.m.  
Saturday 1:00-3:15 p.m.

**Volleyball**  
Thursdays, 7:15-9:00 p.m.

**Weight Training**  
Tues., Thurs., Fri., Sat. 6:00-8:00 p.m.  
Aubrey Tendell, instructor

**Coming Soon:** Low-impact aerobics for Seniors. Call 695-5007 for more details.

### Youth Programs

**Basketball Games**  
Wed. 6:30-8:30 (in December)

**Copoeira: Brazillian Self-Defense for All Ages**  
Mon. 5:00-6:30 p.m.  
Saturday 1:00-3:15 p.m.

**Improvisational Drama for Kids**  
Saturdays 10:30 a.m.-12:00 p.m.  
Sheila Burton, instructor

**Open Game Room**  
(Pool tables, cards, music)  
Daily, 3:30-5:30 p.m.

**Coming Soon:** Afterschool Swimming. Days TBA. Call 695-5007 for more details

Come to the Bernal Heights Gym Community Meeting. Meetings are usually the last Tuesday of every month at the Gym and start at 7:00 p.m. The December meeting will be held on another date, please call 695-5007 for more info.

## At the Hungarian Sausage Factory

**Rick Corrigan, Accordion Player**  
Tuesday Nights

**Jules Flexer, Strolling Violinist**  
Wednesday Nights

**Randy Craig, Jazz Pianist**  
Thursday Nights

**Jacob Aginsky**  
**Jazz Piano and Bass Duo**  
Friday Nights

**Gyorgy Vass**  
**Classical & Flamenco Guitarist**  
Saturday Nights

**Forgato's**  
**Hungarian Folk Ensemble**  
Sunday Nights

**Dec. 28th & Jan. 25**  
Come participate in the monthly Tanchaz (Hungarian Dance). Forgato will be performing these nights as well.

## At the Library

### Adult Programs

**Spanish Conversation Group**  
1st & 3rd Wednesdays at 7:00

**Scrabble**  
Every Wednesday night at 7:00

**Bay Area Rapid Folders-Origami**  
1st Saturday of the month

**Intergenerational Chess Club**  
Fridays, 4:00-6:00

### Youth Programs

**Teddy Bear Tea**  
Wednesday Dec. 11 at 4:00 p.m.  
(reservations required)

**Home 'n Hood: A Book Reading,**  
Wednesday Dec. 18th at 7:30 p.m.

**Ashley Wolff**  
Children's Author and Illustrator,  
Wednesday Jan. 22. (Call for time.)

**Lion Dancers Bring in the New Year**  
(Call librarian for details)

**Preschool Videos**  
Every Tuesday at 10:30 a.m.

**Preschool Storytime**  
Every Thursday at 10:30 a.m.

**Family Night for Kids**  
(and the Folks who Love 'Em)  
Wednesdays at 7:30 p.m.

**Study Night**  
(Free Homework Help!)  
Every Tuesday from 5:00-8:00 p.m.

## At the Neighborhood Center

**Bernal Emergency Recovery Team Meeting.**  
December 12 at 7:00 p.m.

**Girl Scouts Meeting**  
Every Monday  
4:15-7:00 p.m.

**Narcotics Anonymous Meeting**  
Every Monday  
7:30-9:00 p.m.

**NW Design Review**  
Every other Tuesday  
7:30 p.m. (every other week)

**Girl Scouts Meeting**  
Every Wednesday  
5:45-7:00 p.m.

**Narcotics Anonymous Meeting**  
Every Wednesday  
7:30-9:00 p.m.

## Attention Community Journalists:

*The New Bernal Journal* is seeking writers and photographers to cover the people and events that make Bernal Heights such a unique place to live.

The pay isn't great (volunteer, but the Editor will bake you cookies). Interested? Call Melinda Wright at 206-2144.

**Escola Nova de Samba**  
Every Thursday  
6:30-9:00 p.m.

**USF Nursing Students**  
Every other Friday  
8:30 a.m. to 2:30 p.m.

**Alcoholics Anonymous**  
Every Saturday  
4:00-6:00 p.m.  
(meetings start at 5:00 p.m.)

**Adult Children of Alcoholics**  
Every Sunday  
9:45 a.m.-12:00 p.m.

**Girl Scouts**  
Every Sunday  
1:00 p.m.-4:00 p.m.

**Coming in January: Home 'n Hood.** A mixed art workshop for youth age 10-13. Tuesdays and Thursdays from 2:00-4:00 p.m.

## At the New Bernal Journal

**New Staff Informational Meeting**  
Wednesday, December 18 at 7:00.  
Brainstorming meeting for interested reporters and photographers. Call Melinda Wright at 206-2144 for location and more information.

**Bernal Journal Jr. Meetings**  
Thursdays 5:00-6:00, at the Neighborhood Center  
Interested teens should contact Holly Kernan at 642-1040

## At Progressive Grounds

**Beat reading, Open mike format.**  
December 14th 6:00-9:00 p.m.  
Bernal writers, poets, and artists welcome. Musicians, bring your drums and guitars.

## Around Bernal Heights

**Cortland Merchant Open House**  
Saturday, December 14 & Saturday, December 21.  
3:00 to 6:00 p.m. each afternoon.  
A fun and festive day is guaranteed for all.

## Earthquake Preparedness Classes

taught by SFFD. This NERT (Neighborhood Emergency Response Team) free six-week training starts on Tuesday, January 21 at 7:30 at Leonard Flynn Elementary School. Call the SFFD at 558-3456 to reserve your space.

**Neighborhood Emergency Response Team Meeting**  
Thursday, January 9th  
from 7:00-8:30.  
Precita Valley Community Center

**New Year's Party**  
St. Kevins Parish  
December 31 at 8:00 p.m.  
\$35 single/\$70 couple  
Call 648-5751 for more info.

**Artist's Trunk Show**  
at Dogtown  
December 14th & 15th  
10:00 a.m.-5:00 p.m.

## Multicultural Holiday Potluck Picnic

Thursday December 19th  
11:30 a.m. to 1:00 p.m.  
Bernal Playground  
Contact Wendy at Wendy Z's Room to Grow, 550-8134

## Around the City

**Learn About Papel Picado**  
December 14th & 15th  
12:00-4:00 p.m.  
Exploritorium  
Learn the festive decorative tradition of Mexican paper cutting. Free with price of admission.

**The Snow Queen**  
December 7-January 5  
Call 673-1172 for times  
450 Geary Studio Theatre  
The Hans Christian Anderson classic is presented. Tickets cost \$10.00

**Adopt-a-Pet/Macy's Windows**  
Everyday until December 24.  
Dogs and cats from the SPCA will appear in one of the windows at Macy's. All animals are ready to adopt for \$28.

**Jingle Bell Run/Walk for Arthritis**  
Dec. 15 at Yerba Buena Gardens  
Call (800) 464-6240 for more info.

## Paper People Needed:

Relive your youth and take on a paper route delivering the *NBJ* to your neighbors. We are the **ONLY** community newspaper with door-to-door delivery and we need your help to stay that way.

You can select from a variety of routes. And unlike the last paper route you probably had, you don't have to get up at 3:00 in the morning and you don't have to deliver every day.

In fact, you only have to deliver **ONCE EVERY TWO MONTHS!** Once every two months to make sure that your neighbors can catch up on all the news in Bernal.

So catch up on your exercise and do something good for the community at the same time.

Interested? Of course you are. David Rogers is waiting by the phone for your call. Call him at 826-5089.

Thanks for your help!

## Lucky's from Page Two

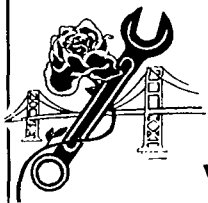
Community Voices Affordable Housing Concerns

Many Bernal residents and Bernal Dwellings tenants have voiced frustration at HUD concerning a timeline and specific reconstruction plan for Bernal Dwellings, as well as a need for more family affordable housing. Currently, HUD has moved many Bernal Dwellings tenants to Oakland; others are displaced in Tenderloin hotels, while a few HIV+ residents are in SF General long term patient care facilities. Bernal residents and block clubs have also asked for affordable housing information workshops in which their concerns can be answered in plain terms.

Many Bernal residents confuse public housing (such as Bernal Dwellings) with affordable housing. Affordable housing can provide Section 8 housing credits to eligible very low income families, and also provide affordable rentals for working families in a quality constructed,

professionally managed housing environment like Market Heights. Market Heights, along with Coleridge Park Homes, Rafiki House I and II, and many other affordable homes in Bernal Heights have been built or rehabilitated by the non-profit Bernal Heights Housing Corporation, the sister organization of the BHNC.

A free affordable housing information workshops will be given by the BHHC on Saturday, Dec. 7th from 10:00 - 11:30am. at Coleridge Park Homes, located at 190 Coleridge near Virginia. The workshop will feature a 15 minute video on affordable housing, plus an introduction to building affordable housing in Bernal Heights. Community questions concerning affordable housing will be answered and refreshments served. Please call Helen Helfer, executive director, or Ruthy Talansky, project manager, at the BHHC, 206-2140 for further information and for the January session date and time.



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- We offer two types of auto repair classes
  - ♦ A VW class specifically for learning about your air-cooled VW
  - ♦ Basic Auto Repair Classes for men & women

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Merry Christmas and Happy New Year to All of You!

Zack, Marvin, Samer, Rami, Carlos, Jack, Abe, Norm and Laila

Niagra Drinking Water 1 gallon  .69¢	Marie Cookies 5 2/3 oz.  3/\$1.00	Melody Toilet Tissue Tissue 4-PK, 2 PLY  89¢
Luigi Vitelli Pasta 11b packages All Varieties 79¢	Murray Cookies 1 1/4 lb. bag All Varieties \$1.99	Melody Paper Towels 2 PLY 89¢
Rainbow Noodle Inst. Soup 3 oz. pkg. 5/\$1.00	4-Pack CLEO Distinctions X-Mas Wrap 40 Sq. Ft. \$2.89 125 Sq. Ft \$4.89	Berkeley Farms Butter 1 lb cakes \$1.59
Buy 'N Save Mushrooms, Stems & Pieces 69¢	Del Monti Tomato Sauce 8 oz. 4/\$1.00	Brite Glow Candles in Jars 8 1/2 inch Glass \$1.19
Rivera Minestrone 4 oz. 99¢	Orchids Coconut Milk 14 oz. 79¢	Juanitta Menudo 29 oz. Can \$1.69
Old Harbor Red, White & Green Candle Tapers 3/\$1.00	Orchids Young Corn Spears 15 oz. 89¢	Check out our Christmas and New Year Lines

## VEGETABLES

Potatoes 10 lb	\$1.19
Oranges	3 lbs/\$1.00
Grapefruits	5 for \$1.00
Jumbo Yams	4 for \$1.00
Lemons	5 for \$1.00

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Humpback	\$5.99*
Hornsby's Draft Beer	\$5.99*
Labatt's	\$5.99*
High Falls India Pale 6 Pack-bottles	\$6.99*
J.W. Donde's Honey Brown 6 Pack-12 oz	\$5.99*
Genny Cream Ale 6 Pack-12 oz bottles	\$5.99*
Heineken 6 Pack-12 oz bottles	\$6.99*
**+CRV	

Glen Ellen Wines	
White or Red Wine 750 ml.	\$2.99

Cabernet, Chardonnay, Fume Blanc	\$7.99
Sauvignon Blanc, White Zinfandel	\$6.99
M.G. Vallego	
Semillon Chardonnay 750 ml.	\$2.99

Royal Gate Vodka liter	\$6.49
Kahlua Liqueur 750 ml.	\$14.99
Beefeater Gin 750 ml.	\$15.99
Seagram VO 750 ml.	\$9.98
Canadian Club 750 ml.	\$9.98

Cutty Sark liter	\$18.98
Cutty Sark 750 ml.	\$15.99

Korbel Brandy 750 ml.	\$7.99
Korbel Champagne 750 ml.	\$9.98

Presidente Brandy liter	\$11.99
Christian Bros. Brandy 750 ml.	\$7.99

## MEATS

Ground Chuck Family Pack	99¢/lb.
Foster Farms Whole Fryers	89¢/lb.
Foster Farms Split Breasts	\$1.99/lb.
Sliced Beef Liver	99¢/lb.
T. Bone Steaks	\$3.99/lb.
Pork Butts bone in	\$1.59/lb.
boneless	\$1.79/lb.
Pork Sausage, Homemade	\$1.99/lb.
Chorizo, Homemade	\$3.49/lb.
London Broil	\$2.89/lb.
Gross Rib Roast	\$2.49/lb.
Neck Bones	59¢/lb.



PRICES MAY VARY AFTER 12/14

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